# PRINCESS ANNE MIDDLE SCHOOL

# Health and Physical Education Course Expectations

**2016-2017**

## ****The mission of the Physical Education Department is to develop students who define, demonstrate, and value physically active lifestyles. These include health and wellness, motor skills, social and emotional growth and independently demonstrate the knowledge and capability to problem solve and work collaboratively to respond ethically to diverse challenges in all aspects of their lives.****

**Course Objectives**: <http://www.doe.virginia.gov/testing/sol/standards_docs/health/index.shtml>

<http://www.doe.virginia.gov/testing/sol/standards_docs/physical_education/index.shtml>

### **Course Description**: Health and Physical Education is designed to assist students in achieving the knowledge, skills, attitude, and appreciation essential for effective living. It also contributes to the optimum physical, mental, social, and emotional growth of each individual.

### **Course Scope and Sequence**:

### **Wellness** 6-8 (Nutrition), **Health Risk** **Behaviors** 6 - (Personal Choices/Relationships/AVB, Substance Abuse, Safety) 7 – (VA Rules, Substance Abuse, Safety) 8 – (Social Interactions, Substance Abuse) **Managing Personal and Family Health** 6 - (Mental Health, Urinary System, Disease) 7 – (Mental Health, Circulatory System) 8 – (Mental Health, Nervous System, Disease), **Environmental Health** 6-8**, Family Life Education** 6, 7

**Text:** Teen Health (Glencoe, 2014) - class set and an online text will be available

**Fitness Planning, Motor Skill Development, Anatomical Basis of Movement, Social Development, Energy Balance**

**Supplies:**

**1 subject spiral notebook and/or a 3 prong folder, paper, pens/pencils, and art supplies.**

All students are required to change into appropriate athletic wear. The Princess Anne Middle School uniform consists of a blue dri-fit PAMS PE shirt, and blue dri-fit PAMS athletic shorts**. The PAMS shirt and shorts may be purchased through HPE department at any time for the cost of $20 total for the shirt and shorts ($10.00 each).** Students are strongly encouraged to place their last name on both their shirt and shorts in permanent marker. All students will be required to wear tennis shoes that **lace up** properly and securely for safety reasons. There are absolutely **no flip flops or slip-ons** permitted in PE. (*Students will not be* *allowed to participate and* will have to make accommodations to earn the missed lesson). Students may wear a jacket, sweatshirt and/or sweat pants over the shirt and shorts if needed. Please do not wear any jewelry during class.

Each student will be assigned a locker and a combination lock to be used for the PE class. Locks are not permitted from home, and will need to be replaced (a $7.00 fee) if lost. Students are not permitted to change/share lockers with other students.

**Grading Procedures and Policies:**

Students will receive a weekly Health/Physical Education grade. These points are based on daily activities covering classwork, preparedness, exercises, physical activity, skill assessment, knowledge, fitness planning and other various assessments. In the event of **an absence students are required to seek out their individual teacher for the appropriate make-up work.** In some cases a student may be required to complete an assignment via Achieve 3000, complete an outside phys. activity sheet and have it signed by coach/sponsor or they may participate in the intramural program. All make-up work should be completed within one week of the students return to school. It is the responsibility of the student to complete and hand in the required work.

All assigned work should be completed on time. In any circumstance where this requirement is not met, students will be assigned “Recall.” A mandatory time to complete the missed work.

**No late work will be accepted during the last week of the marking period.**

**Grading Scale:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **A 93-100** | **B+ 87-89** | **C+ 77-79** | **D+ 67-69** | **E Below 64** |
| **A- 90-92** | **B 83-86** | **C 73-76** | **D 64-66** |  |
|  | **B- 80-82** | **C- 70-72** |  |  |

**Citizenship Expectation:** Students are expected to be on time and prepared, show self-control, respect for self and others, be polite/respectful, and show quality in all work.

**Classroom Behavior Plan**

***Positive behavior*** will be acknowledged frequently throughout the day.

*Positive Consequences*

* Verbal praise, positive notes & phone calls home, special privileges

***Negative behavior*** will be handled promptly and consistently, without disrupting the flow of instruction.

Students will be given a consequence for the rule violation.

*Negative Consequences*

* ***First Offense:*** Warning & verbal explanation
* ***Second Offense****:* Time out/ parent contact
* ***Third Offense:*** Teacher detention
* ***Fourth Offense:*** Parent conference

**The following plan will be followed when students do not dress properly for Physical Education class:**

1st - No Dress- Teacher Warning

2nd - No Dress- Phone call to parent/e-mail

3rd - No Dress- Teacher Detention (phone call to parent/ e-mail)

4th - No Dress- Referral – Administrative Detention

5th- No Dress- Referral – 1 Day ISS

**General Information:**

**CELL PHONES ARE NOT PERMITTED IN THE LOCKER ROOM – this is a RED ZONE. Phones will be collected and sent to the office for parent pick up when this rule is violated.** BYOD – PAMS policy will be followed in all other areas, and will be up to teacher discretion for device use.

Students that are ill or injured should bring a note from the parent/guardian. In the event of a prolonged illness or injury lasting more than **two** days, a Doctor’s note should be provided. **The student should still dress out if possible. The student will also be required to complete an alternate activity.**

**Fitness Testing:** All students are expected to attempt and complete all Physical Fitness tests to the best of their ability. A report of your student’s fitness scores can be accessed online at: [www.focusedfitness.org](http://www.focusedfitness.org)

***Teacher Contact:***

Telephone – 468-4950 (best time 3:50-4:00PM) or e-mail (anytime):

[ambrewer@vbschools.com](mailto:ambrewer@vbschools.com)

REMIND – parent/student information notification system

6th Grade - Text the message @hpe62 to the number 81010

or go to rmd.at/hpe62 to sign up for email notifications

7th Grade - Text the message @hpe720 to the number 81010

or go to rmd.at/hpe720 to sign up for email notifications

8th Grade - Text the message @hpe820 to the number 81010

or go to rmd.at/hpe820 to sign up for email notifications